



Internship Program

What is Fort Carson Recreation Programs?

Fort Carson is an Army Base located on the Front Range of the Rocky Mountains just a few miles South of Colorado Springs. The Outdoor Recreation Complex (ORC) on Fort Carson is a state of the art recreation facility. The ORC houses the Mountain Post Outfitters retail store, and equipment rental center, classrooms/conference rooms, a customer information center, a 32 foot indoor climbing facility, the Alpine Tower Challenge Course, and offices for the Adventure Programs & Education (APE) Staff.



What can I expect from an internship at Fort Carson?

As an intern for the APE Team, your job will primarily be guiding customers down the Arkansas River. However, APE provides a vast array of recreation program to the military community. These summer programs include: High and low ropes course facilitation, rock climbing, kayak instruction, mountain bike tours, climbing 14,000 foot peaks, and more. Besides being involved in the implementation of an annual special event program, each intern will pair up with another intern to run a youth adventure camp that lasts one week.

Administrative aspects to the position include planning and carrying out marketing strategies in order to increase program participation. The APE staff will meet with interns on a regular basis to discuss staff responsibilities.

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Other Benefits from Ft. Caron Internship

- Expand your professional Network
- Gain insight into the management of military recreation.
- Work with the Department of the Army Award winning Recreation Program.
- Location, location, location! Live where everyone else comes on vacation.

Internship Special Project

Each intern must prepare a special project for presentation to the APE Program Manager. Special projects should have an significant impact for Fort Carson Recreation program in either program development, marketing, or administrative process improvement. Students will then develop and implement their idea using resources here at Fort Carson. After implementation, students will collect customer feedback about their program. This project will account for a significant part of your evaluated grade. Time spent, effort, utilization of resources, and degree of difficulty will all be considered when grading each project.



What is required to be an intern?

Interns must be pursuing a college degree and need an internship/work study as part of their curriculum. The student must receive a grade for their internship. Students pursuing degrees in recreation related fields are preferred, but there have been exceptions in the past. Interns have come from all over the United States and Canada.

REQUIREMENTS

- MUST BE ABLE TO LIFT AND CARRY OBJECTS WEIGHING UP TO 100 POUNDS.
- MUST BE A STRONG SWIMMER.
- MUST POSSESS A WORKING KNOWLEDGE OF BASIC WATER SAFETY.
- MUST COMPLETE RED CROSS FIRST-AID AND CPR CERTIFICATION PRIOR TO ARRIVAL.
- MUST COMPLETE 50 HOURS OF ON THE JOB TRAINING IN WHITE WATER RAFTING.
- MUST COMPLETE DRIVER'S TRAINING.
- MUST HAVE A VALID DRIVER'S LICENSE.
- MUST COMPLETE, RETURN AND PASS A BACKGROUND CHECK 45 DAYS PRIOR TO ARRIVAL AT FORT CARSON

Tell me about what I'll be doing

On average, students will work 40 to 60 hours a week. When possible, interns will have two days off per week. Every week is different, so plan to work some odd hours. Work days that do not include programs generally start at 7:30 a.m. and end at 4:00 p.m. Days with programs, start at around 6:30 a.m. and last until 4:00-5:00 p.m.

This internship is strenuous and requires physical effort and exertion. Guiding program activities requires working in physically demanding situations in various weather conditions. You will be susceptible to cuts, bruises, and strain type injuries.

Interns are expected to work on all stages of program delivery including planning, marketing, implementing, program review and clean up. As students show more initiative and responsibility the APE staff will turn programs over to interns from start to finish with little to no direct supervision. You get to run the show.



Intern Benefits

- Training. Before the rafting season starts, interns will go through two weeks of rigorous training. This will include challenge course safety training, driver training in 10 passenger vans with a 16 foot rafting trailer, rock climbing training, mountain bike training, and 50 hours of white water rafting training. Raft training will be held on the Arkansas River in Class II-IV water. This training will last ten days and interns will cover 100-200 miles on the river. During the training, students will learn all the essential skills needed to be a river guide: reading water, safety and rescue, raft maintenance and repair. When training is completed, each intern will be a certified river guide on the Arkansas River according to Colorado State Laws and Regulations.
- Stipend. Interns will be paid \$300 per month, once a month. Payment will be factored at \$10 per day. Students will need to bring enough money to live on until their first paycheck, which will be in the middle of June.
- Housing. Housing will be provided on Fort Carson. Depending on available space, each intern will have his or her own dormitory-style room. Telephone service can be arranged in each room at the intern's expense.
- MWR Cards. Each intern will be issued a Morale, Welfare, and Recreation (MWR) card. This card will entitle the interns to use various facilities and services on the base. These include: Golf Course, Bowling Center, Gyms, Library, Autocraft Shop, Woodcraft Shop, Multi-Craft Shop, Equipment Rental Center, Information Tour and Travel, and Turkey Creek Ranch. Most of these facilities charge fees, but they are nominal.
- Meals. Interns will be provided meals on full day and overnight programs. There are dining facilities on base where good meals can be purchased at a very low price.
- GEAR!! Fort Carson Outdoor Recreation has pro deals with many outdoor equipment manufacturers. Prices are usually wholesale or less for merchandise.



To apply mail resume
and cover letter to:

**ADVENTURE PROGRAMS &
EDUCATION**

Adventure Programs & Education
Bldg. 2429 Specker Ave.
Fort Carson, CO 80913

Phone: 719-526-5198
Fax: 719-524-1256
Email:
david.bumgarner@carson.army.mil

GO APE!

We are on the web at
www.ftcarsonmwr.com



How do I prepare for my internship?

First, begin a regular exercise program. Fort Carson sits at around 6000 feet above sea level, some of our programs take place over 10,000 feet. Working out at least three times a week should help you acclimate quickly once you arrive. Include cardiovascular work, weightlifting, and stretching in your workout. You will have a week to get used to the altitude before any rigorous training.

Interns will be required to bring some personal equipment that will be needed on the job. These items include: Sleeping Bag rated to 20 degrees (we recommend synthetic fill), sturdy hiking boots, sandals appropriate for whitewater sports (we recommend Texas or Chacos), wool socks, rain gear, and synthetic long underwear (NO COTTON!!). Feel free to bring any other outdoor gear you will need to enjoy your days off. Kayaks, Mountain bikes, Climbing gear, etc.

Above all get out there and do what we do best. Recreate.



Arrival and Departure

Students should plan to arrive at Fort Carson on Sunday May 14th, 2006 to check into housing. Please let us know your travel arrangements so that we can assist you as much as possible with your check-in. If you are flying into Colorado Springs airport we can arrange to pick you up. We will have an orientation meeting at 8:00 a.m. on Monday, May 15th. The last day of work for interns will be Friday August 18th.

